

WORK SHEET – EXERCISE 9C

Learning: A little brain exercise

You can complete this small table of advantages and disadvantages (from 1 through 4) by putting all your ideas into it, even the ones that are a bit out there! This will help you to relativize and move beyond binary judgement “Success is good. / Mistakes are bad.”

1. The advantages of succeeding

Painting a great picture, completing a task or understanding easily has some advantages, some pleasant emotions too... Can you name them?

3. The disadvantages of succeeding

Yet, when you succeed every time, maybe too easily, too fast, or you understand something too easily - that too can have its disadvantages. Can you name them?

Learning



2. The disadvantages of a mistake

Making a mistake, not understanding or doing something wrong can have some disadvantages, unpleasant emotions too... Can you name them?

4. The advantages of a mistakes

Yet, making mistakes sometimes or not understanding everything every time, can teach me something and have its advantages. Can you name them?